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## Effects of a comprehensive nutritional program on pressure ulcer healing, length of hospital stay, and charges to patients

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The burden of pressure ulcers will intensify because of a rapidly increasing elderly population. The aim of this study was to examine the effects of a comprehensive, interdisciplinary nutritional protocol on pressure ulcer wound healing, length of hospital stays, and charges for pressure ulcer management.

The pre/post quasi-experimental design study comprised of 100 patients (50 patients in each group) 60 years or older with pressure ulcer. Research questions were analyzed using descriptive statistics, frequencies, chi-square tests, and t tests. Study findings indicate that the intervention was effective in improving pressure ulcer wound healing, decreasing both hospital length of stay (LOS) for treatment of pressure ulcer and total hospital LOS, while showing no significant additional charges for treatment of pressure ulcers. The older adults are at the highest risk of developing pressure ulcers that result in prolonged hospitalization, high health care costs, increased mortality, and decreased quality of life.

### Biography

Beverlin Allen is the Chief Nursing Officer of Sister Emmanuel Hospital, Miami, FL. She is a graduate of Florida International University, Miami, FL, where she received her PhD in Nursing in 2010. Her educational accomplishments also include a Master of Science degree in Nursing in 1995 and a Bachelor of Science degree in Nursing in 1991. She also attended the University of the West Indies, Jamaica where she received a Certificate of Obstetric Nursing in 1980, and the Kingston School of Nursing, Jamaica where she received a Certificate of Nursing in 1975. She is a member of several organizations, including Sigma Theta Tau International Nursing Honor Society, National League of Nurses, Florida Nurses Association, Florida Organization of Nurse Executives, Jamaica Nurses Association of Florida (past president), and Kiwanis Club of Kendal and South Dade. She is the recipient of numerous nursing excellence awards including: Miami Dade College Hall of Fame Award, 2010; Florida Nurses Foundation, Research Grant Recipient 2009; South Florida Organization of Nurse Executives, Leadership Award, 2009; Florida International University Outstanding Alumni Award, 2002; Nightingale Nursing Excellency Award, 2002.

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